

EXERCISE DEVICE
FIELD OF THE INVENTION

The present invention relates to an exercise device having two posts with weights mounted thereon and the posts are pivotably connected to a base.

BACKGROUND OF THE INVENTION

A conventional exercise device generally involves multiple functions which are designed to exercise different parts of the user's body. Nevertheless, the multiple functions are performed by different mechanisms which includes a number of parts and complicated structure, such as pulleys, cables, handles, dampers and weights. Most of the conventional exercise devices occupy a lot of space which is not convenient for the user to store when not in use and to transport.

The present invention intends to provide an exercise device that is composed of less number of parts and can be assembled easily.

SUMMARY OF THE INVENTION

The present invention relates to an exercise device which comprises two bases with a connection member connected therebetween and each base has an end member which has a recess defined therein. Two posts each are composed of an outer tube and an inner tube which is retractably received in the outer tube. Each outer tube has a ball connected to a lower end thereof and the ball is rotatably retained in the recess of the base corresponding thereto. A plurality of ring-shaped weights are mounted to the posts. The user's limbs are exercised by lifting the two posts.

The present invention will become more obvious from the following description when taken in connection with the accompanying

drawings which show, for purposes of illustration only, a preferred embodiment in accordance with the present invention.

BRIEF DESCRIPTION OF THE DRAWINGS

Fig. 1 is an exploded view to show the exercise device of the present invention;

Fig. 2 is a perspective view to show the exercise device of the present invention;

Fig. 3 shows the ball of the post is retained in the end member of the base;

Figs. 4A and 4B show that the connection member is adjustably connected between two bases;

Figs. 5A and 5B show that the inner tube is retractably connected to the outer tube;

Fig. 6 shows a user holding the two posts and rotating the posts;

Fig. 7 shows that a user sitting in a chair located between the two posts;

Fig. 8 shows a bar with a sleeve is connected between the two posts;

Fig. 9 shows the two posts are lowered relative to the bases;

Fig. 10 shows that the posts are positioned at the two positioning recesses of the end member, and

Fig. 11 shows that the user lifts the two posts by two legs.

**DETAILED DESCRIPTION OF THE PREFERRED
EMBODIMENT**

Referring to Figs. 1 to 3, the exercise device of the present invention comprises two bases 10 and a connection member 20 connected between the two bases 10. Each base 10 has an end member 12 connected to a first end thereof and the end member 12 has a recess 121 defined therein. The connection member 20 has two open ends and two first holes 21 are defined in a top of two ends of the connection member 20. Each of the two bases 10 has a plurality of second holes 101 and two respective second ends of the two bases 10 are respectively inserted in the two open ends of the connection member 20. Two first pins 11 extend through the two first holes 21 and are inserted in the two second holes 101 aligned with the first holes 21. By this way, as shown in Figs. 4A and 4B, the two bases 10 can be adjusted relative to the connection member 20 by re-aligning the first holes 21 and the second holes 101.

Two posts 30 are connected to the two bases 10 respectively and each post 30 is composed of an outer tube 31 and an inner tube 32 which is retractably received in the outer tube 31. Each outer tube 31 has a ball 311 connected to a lower end thereof and the ball 311 is rotatably retained in the recess 121 of the base 10 corresponding thereto. Each of the outer tubes 31 includes a plurality of third holes 312 and each of the inner tubes 32 includes a plurality of fourth holes 321. Two second pins 322 respectively extend through the two third holes 312 of the two outer tubes 31 and are inserted in the fourth holes 321 aligned with the third holes 321. Therefore, as shown in Figs. 5A and 5B, the inner tubes 32 can be adjusted relative to the outer tubes 31.

The outer tube 31 has a first flange 33 on an end opposite to the ball 311 and the inner tube 32 has a second flange 34 mounted thereon. The two posts 30 each have a plurality of ring-shaped weights 40 mounted thereto. Each ring-shaped weight 40 had two notches 41 on two sides thereof so that the first flange 33 and the second flange 34 are respectively engaged with a the notches 41 of the weight 40.

The end member 12 of each of the bases 10 includes a positioning recess 122 defined in a wall enclosing the recess 121 and the positioning recess 122 is sized to receive the outer tube 31 therein.

Referring to Figs. 6, a user may stand between the two posts 30 and hold the two posts 30 and swing or rotate the two posts 30 to exercise the arms. As shown in Fig. 7, the user may sit in a chair between the two posts 30 to do the same actions as shown in Fig. 6.

As shown in Fig. 8, a bar 50 is connected between the two inner tubes 32 of the two posts 30 and a soft sleeve 51 is mounted to the bar 50. As shown in Fig. 9, the user may lift the two posts 30 by hands or desired part of the body to exercise. As shown in Fig. 11, each of the posts 30 may have a rod 323 extending transversely therefrom so that the user lifts the two posts 30 by two legs.

Fig. 10 shows that another positioning recess 123 is defined in each end member 12 so that the posts 30 can be positioned in two positions by being engaged with the two positioning recesses 122, 123.

The exercise device of the present invention is easily to be assembled or dissembled and includes only limited number of parts which are easily to be stored or transported.

While we have shown and described the embodiment in accordance with the present invention, it should be clear to those skilled

in the art that further embodiments may be made without departing from the scope of the present invention.